

THE HAT SCALE

better than nothing better yet way better best of all



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wear long sleeves, long pants, sunglasses, a wide-brimmed hat, and sunscreen

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HATS

LOOK FOR HATS WITH:

- **Wide Brims:** Hats with a 3 to 4 inch brim all the way around protect your face, ears, head and neck.
- **Long Flaps:** Hats with a long flap in the back provide extra ear and neck protection.
- **Dark Colors:** Darker colors absorb UV better than lighter colors.
- **Dense Materials:** The more dense the fabric or weave, the higher the UV protection. Look for closed-weave fabrics like denim or canvas, or tightly-woven straw.